

Pick a **better snack** &**ACT****November Bingo**
[www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack)

 wash	 pear	 stretch	 beans	 potato
 step	 vacuum	 make	 pumpkin	 walk
 cranberries	 walk	 you choose	 roll	 banana
 canned vegetables	 squeeze	 peas	 100% fruit juice	 broccoli
 dust	 sweet potato	 applesauce	 walk	 orange

Printed with funds from the Iowa Nutrition Network and USDA's Food Stamp Program. To find out more about Iowa's Food Assistance Program call 1-877-937-3663 (1-877-YES FOOD). Food Assistance can help you buy nutritious foods for a better diet. These institutions are equal opportunity providers and employers.

Iowa Department of Elder Affairs  
Iowa Department of Public Health



This bingo activity encourages you to enjoy a variety of fruits and vegetables and physical activity. Complete the Pick a **better snack**™ & Act card by putting an "X" through the square of fruits, vegetables, or physical activity you have tried. A "BINGO" is completed when you have a line diagonally, horizontally or vertically.



### How Much Matters?

**1 cup portion**  
1 large banana  
1 large orange  
1 medium pear  
1 medium potato

**½ cup portion**  
16 grapes  
4 large strawberries  
5 broccoli florets  
6 baby carrots

Go to [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org) for more tips and ideas.

**Iowa Nutrition Network**  
PROMOTING HEALTHY LIFESTYLES

Coming next month...

- Broccoli
- Tangerine
- Kiwi
- Grapefruit

## PUMPKIN

### Wash. Cook. Eat. How easy is that?

- Make roasted pumpkin seeds by washing seeds and baking them for 20 minutes at 375°. Spray with low-fat butter spray and top with garlic powder.
- Boil chunks of pumpkin for 25-35 minutes. Spread on toast and top with cinnamon and a dash of sugar.
- Take canned pumpkin filling and mix with vanilla pudding for a tasty snack.



**Buying tips:** Choose well shaped pumpkins that are firm and slightly heavy. It should have tough skin without any wrinkles or blemishes.

**Special tips:** To wash, rinse well with cold water mixed with a little chlorine to get rid of bacteria.

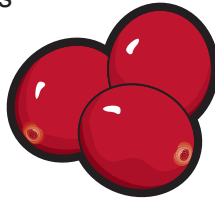
**Storing tips:** Store dried pumpkin on a board, in a cool, dry, dark place. It will keep for several months.

**Serving size:**  $\frac{3}{4}$  cup cooked or  $\frac{1}{2}$  cup canned pumpkin

## CRANBERRIES

### Wash. Cook. Eat. How easy is that?

- Put cooked cranberries in hot cereals for a refreshing taste.
- Stir cooked, chilled cranberries with blueberries and raspberries in vanilla yogurt. Spread mixture on top of graham crackers.
- Take spinach leaves and cover with cream cheese. Place cranberries on top and roll up for a tangy treat.



**Buying tips:** Usually sold in bags. Choose plump, unblemished berries. Do not choose soft, shriveled berries that have a dull appearance.

**Special tips:** Before cooking, rinse cranberries in cold water and remove stems.

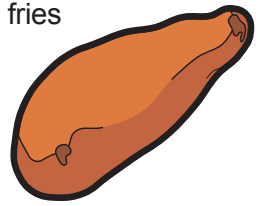
**Storing tips:** Refrigerate bagged cranberries for 2-3 weeks or freeze in unopened bag for up to 9 months.

**Serving size:**  $\frac{1}{2}$  cup cooked cranberries

## SWEET POTATO

### Wash. Cook. Eat. How easy is that?

- Cut up sweet potatoes like French fries and spray with a low-fat cooking spray. Bake at 375° for 20 minutes.
- Make sweet potato “boats” by cutting in half and cooking in microwave for 6-7 minutes. Top with marshmallows and cinnamon. Cut cheese wedges in the shape of sails and put on potato.
- Make sweet potato “coins” by slicing and coating with cinnamon. Bake the same as “French fries” above.



**Buying tips:** Choose firm, well-shaped, fairly smooth potatoes. Avoid potatoes with wrinkles or holes.

**Special tips:** Clean well by scrubbing with a brush in cold water before use.

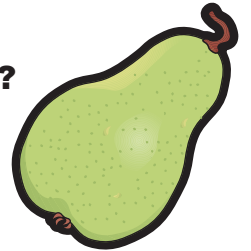
**Storing tips:** Store in a cool, well-ventilated area. Do not put in the refrigerator.

**Serving size:** 1 medium sweet potato

## PEAR

### Wash. Eat. How easy is that?

- Slice pears and place in a plastic bag in the refrigerator.
- Halve the pear and fill with cottage cheese. Place on a bed of lettuce and top with cranraisins.
- Slice pears and serve with cheddar cheese slices, low-fat yogurt or low-fat blue cheese dressing.



**Buying tips:** Choose firm, well-shaped pears without cuts or bruises.

**Special tips:** Place firm, fresh pears in a brown bag to ripen.

**Storing tips:** Store unripened pears at room temperature for 2-3 days. Ripe pears should be stored in a plastic bag or in the crisper away from vegetables and will last for 3-5 days.

**Serving size:** 1 medium pear



To maximize your potential, eat 1-2 cups of fruit and 1  $\frac{1}{2}$  -2  $\frac{1}{2}$  cups vegetables daily. Weekly include 1-3 cups dark green vegetables, 1-2 cups orange vegetables, and 1-3 cups legumes.

Visit MyPyramid.gov for more specific serving recommendations based on your calorie needs.



**Physical activity... It's everywhere you go.**  
walk...dance...play...  
have fun...  
just be active!